

Physical Education Program - Swim Competency Requirements

Students majoring in Physical Education must demonstrate competency in basic swim strokes and water safety. This can be accomplished by providing documentation of one of the following:

- Successful completion of PED 109 or PED 124 with a grade of B- or better.
- Successful completion of an American Red Cross Swim Class – Level V or higher
- Successful completion of a YMCA Swim Class – SHARK level or higher
- Successful completion of the Swim Competency Test administered by a currently certified American Red Cross Water Safety Instructor or currently certified YMCA Swim Instructor.
- Successful completion of American Red Cross Water Safety Instructor or YMCA Swim Instructor certification.

Swim Competency Test

Prior approval and signature from the Chairperson of the Health and Physical Education department is required before the Swim Competency Test can be administered.

Signature of Department Chairperson _____ **Date** _____

The swim competency test is comprised of the following elements; each element must be passed (□) in order to receive competency.

- Perform a Tuck or Pike surface dive and retrieve a 10 lb. object from the bottom in 10 feet of water
- Swim underwater for 25 feet
- Perform front crawl for 50 yards
- Perform back crawl for 50 yards
- Perform breaststroke for 50 yards
- Do a standing dive into 10 feet of water
- Deep water bobbing 20 times
- Front Survival float for 3 minutes
- Tread water for 3 minutes
- Perform a reaching and throwing assist
- Swim 20 feet on front, turn on to back and swim 20 feet on back, turn on to front and swim 20 feet
- Swim 25 yards on front, do a front open turn and return to start
- Swim on front 30 feet, tread water 30 seconds, swim back on back 30 feet, tread water 30 seconds, and swim on front 30 feet.

Swim Competency Test Certification

I, _____ (Instructor), certify that _____ (RIC student) has passed the swim elements described above. This test of swimming ability was given at _____ (Location) on _____ (Date). I am currently certified as an American Red Cross Water Safety Instructor or a YMCA Swim Instructor. My certification expires on _____ (Date). Please attach copy of current certification.

Signature of Instructor _____ Date _____

Signature of RIC Student _____ Date _____